

HealthWatch: Five-a-Day Can Keep You Healthy Year 'Round

As young children, many of us heard mom say, "Eat your fruit and vegetables, they're good for you." Did mom have hard facts to back this up or was it just a ploy to get us to eat things we didn't like?

Truth be told, that recurring message from mom was right on track. Our bodies need fruits and vegetables every day to stay healthy. That's why the staff at Navy Environmental Health Center (NEHC) is promoting the Five-A-Day for Better Health program.

The aim of the Five-A-Day program is to inform Americans that eating five servings of fruits and vegetables each day can improve their health and may reduce the risk of cancer.

Can something as simple as fruits and vegetables really make a difference? Consider these facts:

- People who eat five a day or more have half the risk of developing cancer as those who eat just two a day.
- Eating fruits and vegetables not only cuts the risk of cancer, but also heart disease, diabetes, stroke, obesity and birth defects.
- Eating proper portions of fruits and vegetables can reduce the risk of cataracts five fold.
- Between 30 and 70 percent of all cancer deaths are diet related. Five servings a day may seem like a lot, but it's not. Some examples of one serving include one medium fruit or one-half cup of cut up fruit, three-quarters of a cup of 100 percent fruit or vegetable juice, or one cup of raw leafy vegetables. Many Sailors struggle with their weight, and eating fruits and vegetables when visiting the galley can be a great way to help shed some excess pounds. If you're interested in finding out more details about the Five-A-Day program, stop by the Health Promotions office in your area.



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